



Vernon Senior Center's

Issue 21

March 2015



Senior Moments



Saint Patrick's Day Luncheon

Put on some green and help us celebrate St. Patrick's Day! Join us **Tuesday, March 17th at 12:30pm** for our St. Patrick's Day Luncheon.

Come for a delicious, traditional St. Patty's day meal of corn beef and cabbage!



Entertainment will be provided by Ventriloquist **Larry Noiva!**

Larry Noiva is an award winning Ventriloquist with his featured characters:

Howie Rose: the wise cracker, always looking for trouble.

Sal Monella: the old-timer, always giving words of advice and telling stories from his life.

Aunt Edna: a part-time waitress and former singer, always looking for a man.

Larry is a believer that Laughter is the Best Medicine.. So stop in for a good time!

Cost is \$12.00. Payment due at signup! Signup by March 11th!

everybody's
Irish
on St. Patrick's day!

Inside this issue:

Happenings 1

Health Activities 2

Exciting Opportunities 3

FYI 6

Trips 9

Hours & Location 14

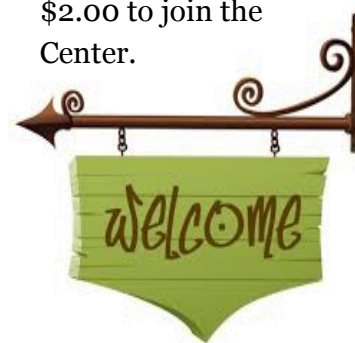
Newcomers Welcome

On the 4th Thursday of every month, the Senior Center hosts a tour of the Center for new seniors. This month, it will be held on **Thursday, March 26th at 1:30pm.**

Come and take a tour of our beautiful facility and learn about the programs and activities that are available. The Senior Center's goal is to offer a wide variety of programs and activities that would be of interest

to all seniors. The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our seniors. We are extending a warm welcome and hope to see you on the 26th!

Please note it costs \$2.00 to join the Center.



Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on

Wednesday, March 11th.

The hours are from 9:00 am — 10:00 am. Appointments are not necessary. The Visiting Nurses will be on hand to answer any questions that you may have.



The Hearing Screening : The next hearing screening will be held on **Thursday, March 19th.** A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aides & will be available to answer your questions. Call for appointments.

Other Healthy Activities

Walking Club: The Walking Club meets on **Mondays at 10:00am at Sacred Heart Church** to walk the rails to trails. This activity requires a higher fitness level & requires being able to walk 3 miles. If you are interested in joining, please call Carol Benoit at 860-454-7449.



Strollers: The Center is offering an additional walking group that will leisurely walk and stroll the Rails to Trails on **Thursdays at 9:30am.** This activity is for seniors who would like to walk but at a slower, less strenuous pace. Please contact the center for more information!

Zumba Gold

Interested in a fun and exciting exercise to get you off the couch and keep you moving? Join Zumba instructor Kathy Ferreira and dance your way back into shape!

Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves!



Zumba Gold is designed to be approachable by all populations, regardless of fitness level. Experience with dance is not required. Moves in class are broken down in a slow and manageable manner.

Classes are **Wednesdays at 1:00pm.** Payment is made to the instructor at the beginning of each class. First class is **Free!** Then it is **\$5.00** per class or **\$40.00** for a ten-class punch card.

Cards & Games

Bingo—Mondays at 1:00pm

Bridge— Fridays at 1:00pm

Canasta— Wednesdays at 1:00pm

Chess —Tuesdays at 9:30am

Cribbage—Wednesdays at 9:45am

Dominos -Tuesday at 1:00pm & Thursdays at 10:00am

Mah Jongg—Mondays at 9:30am, Thursdays at 1:00 pm

New to Dominos-Tuesday 10:00am

Pinochle-Tuesday & Thursdays at 12:45pm

Scrabble—Tuesdays at 1:00pm

Set Back— Friday at 9:45am

Wii Bowling—Fridays at 12:30pm

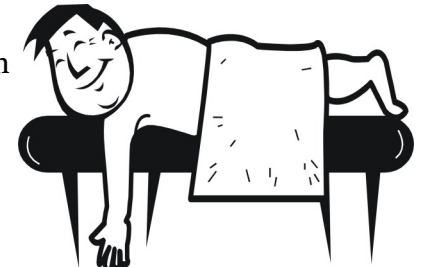


Other Opportunities

Wii Bowling: This activity is offered on **Fridays at 12:30pm**. Join the hooting and hollering as the Vernon Alley Cats compete.



Table Massage: Gary Tyler Jr., massage therapist, will be at the Center on Friday mornings. He will be doing table massage, \$20 for a half an hour and \$40 for an hour. If you are interested in having a massage, please contact him directly at 860-794-3430 to schedule an appointment.



Movie Matinee

Popcorn & A Movie: The Center is offering movie matinees! **Wednesday, March 11th at 1:00pm**. The feature film is **Ladyhawke**. On the run from a villainous bishop, Philippe, a medieval thief, befriends the gallant Captain Navarre, who's been the bishop's target ever since he rescued Lady Isabeau. Philippe soon learns that Navarre and Isabeau are victims of a curse that will keep them apart forever— unless he can help break the spell and reunite the lovers. Starring Michelle Pfeiffer. 124 mins/PG – 13

Wednesday, March 25th at 1:00pm. The feature film is **Shall We Dance?** Though John Clark has all he could ever ask for, including a successful law career and a loving wife, true happiness eludes him. But when an impulse prompts him to take ballroom dancing lessons, he finds an undiscovered passion within. Starring Richard Gere & Jennifer Lopez. 106 mins /PG-13



Ladyhawke

Shall We Dance?

Please call the center to register for this program so we will know how much popcorn to pop!

Creative Goings On

Drawing Class

Mary Wolff teaches a drawing class on **Tuesdays at 1:00 pm**. They use color pencils, pastels, pen and ink and watercolor. Drawing experience is not necessary. All that is needed is desire and interest. Participants pay Mary directly and she charges \$5 for each class.



Crochet & Knitting

Do you like to crochet or knit? We have a very active group & this activity now meets weekly. Come and join our knit and crochet group **Wednesdays at 10:00 am**.

All are welcome. The group gets larger every month!

Winter Weather Policy

A Reminder:

Now that winter is approaching, it is important to listen to WTIC 1080 radio or to watch **WFSB Channel 3** if there is snow in the forecast.

If Vernon schools are **CLOSED**, the Center is **CLOSED** and there will be **no transportation** available with the Senior bus or the Senior Car.



If there is a school delay, the Center will open at 9:00am as usual.

Storm closing information is posted as early as 7:00am in the morning so you can plan your day accordingly.

Thank you, and please be safe.

For the Sports Minded

Drop In Pool -Men's drop in pool is on **Wednesday & Friday afternoons at 1:00pm**. It doesn't matter if you are an avid player or a little rusty, all players are welcome. Come and join an afternoon of fun.

Ladies Pool - The ladies play pool on **Tuesday mornings at 10:00am**. Any senior lady who would like to join the group is welcome!



The **Men's Pool Tournament** is on going. Stop into the center to cheer them on!



Transportation

Senior Car—The Vernon Senior Center offers rides to seniors for out of town medical and dental appointments. This service is for Vernon residents age 60 & older. You must be ambulatory. Call Sela at the Center to schedule a ride. Rides are available Monday-Friday between 9:00 am & 2:00 pm.

Senior Bus—Our senior bus shopping trips are weekly on Thursdays. The bus travels to Stop & Shop, Kmart & Price Chopper. There are pickups available at the Senior Housing complexes-Grove Court, Sacred Heart, Court Towers, Senior Center, Florence Mill, Windemere Court, Franklin Park, Franklin Congregate Housing, & Welles Village.

Wal-Mart East Windsor—Date to be Announced

Need a ride to any activity or program at the Center?

Contact Hockanum Valley Community Council 860-870-7940
Dial A Ride Services



Senior Center Library

Library books, movies and puzzles are available for seniors from our Senior Center Library. The Library is located on the second floor of the Center in a quiet, cozy corner. We have a wide variety of books on hand for your reading pleasure. Please feel free to come in and check out whatever may be of

interest to you. An added bonus is that you may return the items at your leisure.



All items have been donated. Our Library is now up and running again and donations are gladly accepted. Tina Sulam and Maryann Romano continue to volunteer keeping the library organized and easily categorized for your reading pleasure. A special thank you for all their hard work.

When Returning Library Books...

If you are returning books to the library, or dropping off materials for donations, we ask that you bring it to the library directly.



If there is an event going on upstairs that you do not want to interrupt, please notify one of the staff members.

We have dedicated volunteers that put away all returned materials and keep the library looking neat and organized. They cannot do their job if books are lying around the center and in the wrong locations.

-Thank you for your cooperation

FYI

Parking At the Senior

Center: We, at the Senior Center, understand that parking can be difficult as we are offering more activities. Therefore, we ask, if possible, that you car pool. Also, we try to schedule well attended events on Friday afternoons when Town Hall is closed & more parking is available.

Notary Public Service is available at the Senior Center, free of charge. This service is offered for Vernon seniors only. If you need paperwork notarized, please contact the Center for an appointment.

Suggestion Box Your suggestions are always welcome. You will find the box on the table near the coffee on the 1st floor.

Age Requirement Change

The age requirement for trips has been changed to age 55 and older. For all other activities at the Center, the age requirement remains at 60 or older. The Center offers day trips monthly so watch our calendar.

CHOICES Counselor

Cathy Bouley, a trained CHOICES counselor, will assist you with questions that you may have regarding Medicare, Medicare Advantage, Prescription Coverage or Supplemental Insurance. The North Central Agency on Aging provides the training and

keeps the counselors informed about any changes in Medicare



& other health insurance programs that effect seniors.

If you have any questions about your coverage or anything else related to your insurance, please contact Cathy at 860-870-3594 on Tuesdays and Fridays. Please note that the counselors do not sell insurance.

Upcoming Events

The following is a listing of activities and programs for the upcoming months. Check the newspaper, the Town's website and the monthly newsletter for more details as these dates draw near.

April 6th: "Guess Who" and Root Beer Floats April 13th:

April 13th: Name that Tune

April 13th: Noon Institute

April 20th: Bears In Ct. Presentation

April 21th: Travel Series

April 22nd: Volunteer Breakfast

April 22nd: Ivoryton Theater

April 29th: Crazy Whist

May 2nd: West Point Dress Parade



AARP Tax Preparation

AARP Taxes are done by **trained** volunteers. Appointments available Mondays & Wednesdays beginning February 2nd through April 15th.

You **must** have an appointment to get your taxes done.

Please call the Senior Center between 9:30am and 1:30pm to set up your appointment.



Other Activities

The “**Out to Lunch Bunch**” meets on the first **Tuesday** of every month. Each month a restaurant is chosen and this month the “bunch” is going to the “**R**” **House Restaurant** in Vernon on **Tuesday, March 3rd at 1:00pm.**

Call now to sign up !



The senior bus is available for transportation & pick up at all the Vernon Senior Housing facilities with stops at the Senior Center and Sacred Heart Church. Please call Sela or come to the Center to sign up for this fun day out with your friends.

Thank you to Marion Pitman who sets up all the luncheons at area restaurants for the members.

Advisory Board

The Senior Center Advisory Board meets the 4th Tuesday of the month at 9:30 am.

The following are the present board members: Jean Inge, Ron Kane, Joe Grabinski, William Tyler Sr., Patricia Iamonaco, Wes Shorts, John Mytych and Carole Slattery.



The Advisory Board meeting will be held on Tuesday, March 24th at 9:30am.

The Advisory Board role is to bring suggestions to the Director regarding activities, programs and senior issues that the members would like to see happen at the Center or see addressed.

What You Should Know

Energy Assistance: Vernon Social Services is presently taking applications for Energy Assistance. If you need help in paying for your heating bill, you may qualify for some assistance.

Please call Social Services at 860-870-3661 to see if you meet the criteria for help or to schedule an appointment.

Medical Equipment:

We will no longer be accepting or loaning out medical equipment. This includes walkers, canes, commodes, shower seats, and wheelchairs.

We appreciate all the donations we have had in the past.

Signing In At the Senior Center:

It is really important that you remember to sign in with both first & last names & sign in clearly. The Center uses the sign in sheets to determine activities and programs that we sponsor. By not signing in, we do not have an accurate number of participants. Your cooperation in this matter is greatly appreciated.

Foot Care Appointments Available!

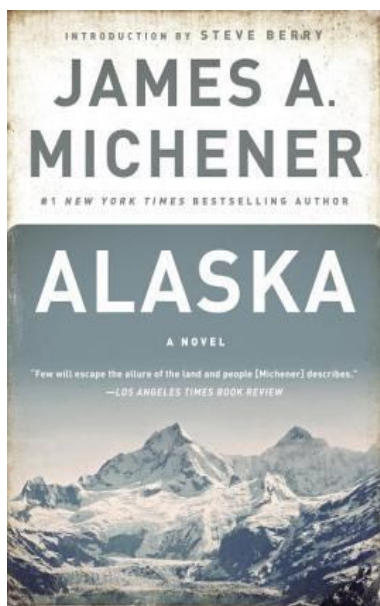


The Senior Center will be offering Foot Care appointments. Specially trained Registered Nurses will provide a general assessment and then offer any necessary procedures for better foot health! It is essential that you schedule an appointment, so please contact the Center at 860-870-3680. The appointments fill up quickly so call as soon as possible. **Cost \$29. Call now for a list of the next available appointments.**



Senior Book Club

The Senior Book Club will be meeting on **Thursday, March 19th at 10:00am**. The book for this month is **Alaska** by **James Michener**. New members are always welcome!



In this sweeping epic of the northernmost American frontier, James A. Michener guides us through Alaska's fierce terrain and history, from the long-forgotten past to the bustling present. As his characters struggle for survival, Michener weaves together the exciting high points of Alaska's story: its brutal origins; the American acquisition; the gold rush; the tremendous growth and exploitation of the salmon industry; the arduous construction of the Alcan Highway, undertaken to defend the territory during World War II. A spellbinding portrait of a human community fighting to establish its place in the world, Alaska traces a bold and majestic saga of the enduring spirit of a land and its people.

Up Coming Trips

No Trips in January & February

April 22nd—Ivoryton Theater

May 2nd —West Point Dress Parade

July 21st —Lobster Bash & Barbra

August 26th – Boston Tea Party Museum & Lunch

September—Vine to Wine in Vermont

October—Providence Food Tour

November—9/11 Museum

We are still in the planning stages for June.

Suggestions are welcome.

Cancellation Policy

If a person cancels a trip for any reason, NO refunds will be given once payment is received unless we are able to fill your spot on the trip.

We will call our wait list, if any, and make every effort to fill your spot in order to issue a refund.

Ivoryton Playhouse & Lunch at Griswold

The Vernon Senior Center Presents: **the Last Romance** at the Ivoryton Playhouse with Lunch at the Griswold Inn, on **Wednesday, April 22.**

The day starts with an elegant lunch at the Griswold Inn in Essex, CT. Lunch choices include:

Slow Roast & Carved Top Sirloin of Beef with a mushroom demi glaze.

Baked Filet of Cod with onion, caper and tarragon remoulade.

Your meal is served with hot rolls, garden salad, potato and vegetables, and apple turnover with whipped cream for dessert.



Following lunch we will make our way to The Ivoryton Playhouse. You will enjoy the play *The Last Romance*—a heart-warming comedy about the transformative power of love. On an ordinary day in a routine life, widower Ralph decides to take a different path on his daily walk—one that leads him to an unexpected second chance at love.

Ralph attempts to woo the elegant, but distant, Carol. Defying Carol's reticence—and his lonely sister's jealousy—Ralph embarks on the trip of a

lifetime, and regains a happiness that seemed all but lost.

\$92.00 per person: includes roundtrip transportation, Lunch at the Griswold Inn, 2:00pm matinee performance with Orchestra Seats, All taxes and gratuities including the driver.

West Point Dress Parade

West Point

Academy welcomes you to view the famous **U.S. Military Academy Cadet Review** on **Saturday, May 2, 2015**. These reviews are part of West Point tradition and instill discipline and order within the Corps of Cadets.



Lunch will be served buffet style at **The Hotel Thayer**. Your lunch is an elegant buffet of salads, hot entrees, vegetable, starch, dessert, coffee & tea.

After lunch you will enjoy a guided tour of West Point, highlighting the Cadet Chapel, Trophy Point, and the Hudson River Lookout.

Cost is \$103.00 per person

Payment due at sign-up.

Sign up on or before April 1st.

Pacific Coastal Cruise

Aboard the Jewel of the Sea

We'll fly to **Vancouver, British Columbia** where we'll overnight and enjoy a city tour highlighted by spectacular gardens and native totem poles of **Stanley Park**. The 8-night cruise will take us along the Pacific Coast, stopping first in **Victoria, BC** where we can visit the spectacular Butchart Gardens, explore the vibrant harbor or enjoy High Tea at the famous Empress Hotel. In **Astoria, Oregon** enjoy breath taking scenery, ship wrecks, historic homes and a maritime museum. Next we spend two days in the iconic port of **San Francisco** where we can visit Sonoma wineries, Fisherman's Wharf or Chinatown, enjoy a trolley ride or view the amazing redwood trees at Muir Woods. Next, we'll visit the waterfront community of **Monterey**, home to the world-renowned Monterey Bay Aquarium. Next is Cannery Row, where John Steinbeck drew inspiration for his novel about life in Monterey during the heyday of the sardine canning industry.

World renowned wineries are featured at the next port, **Santa Barbara**, along with its famous Catholic Mission and nearby Danish hamlet of Solvang. Our final stop is Los Angeles, where we will enjoy a brief tour of Hollywood and nearby Beverly Hills before our return flight home.

September 17–26, 2015

Interior Twin, two twins/queen—**\$1899**

Oceanview, two twins/queen—**\$1979**

Oceanview w/ balcony, two twins/queen, sitting area—**\$2279**

Prices include: Roundtrip airport transfers; round trip airfare; pre-stay in Vancouver with hotel, city tour and two meals; 8-night cruise with all meals, activities and entertainment aboard; Port and departure taxes; trip cancellation insurance; and portage of one bag per person.

Prices do not include: shore excursions, bar drinks, gratuities aboard ship or items of a personal nature. Airfare is subject to change.

Special Events & Services

Health Care Maintenance

On **Friday, March 6th** at **1:30pm**, Dr. Lisa Talati of Vernon will be doing a presentation on the importance of **Health Care Maintenance**.

Sign up for this **FREE** Event!



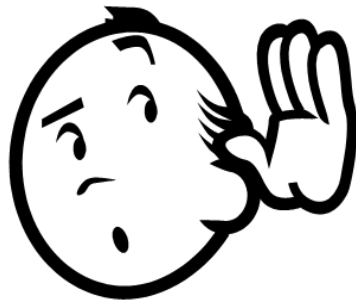
Topics Include:

- Why you should have a primary care physician
- Age appropriate vaccines and screenings
- Importance of follow—up visits

She will be available to answer your questions

Assistive Technology Presentation

Monday, March 16th at **10:30am**, join us for a presentation by the **Eastern Connecticut Assistive Technology Center**.



Learn about what technology is available for persons with blind or low vision, hearing impairments, learning disabilities and more.

Assistive Technology (AT) is any item or piece of equipment that is used to increase, maintain or improve the functional capabilities of individuals with disabilities in all aspects of life. This event is **FREE**

Allan's Angels Therapy Dogs

Join us on **Monday, March 23rd** at **10:30am** for a presentation by Allan's Angels Therapy Dogs.

Allan's Angels Therapy Dogs is a chapter of The Bright and Beautiful Therapy Dogs, Inc. and provides certified, trained, and insured handler/dog teams for the purpose of giving loving and empathic support.

The Allan's Angels Therapy Dogs work in nursing homes, libraries, veteran homes, hospitals and other facilities, as well as with individuals at home where animal assisted therapy is indispensable.



The presence of an animal can lower anxiety, motivate movement, and even keep patients with dementia grounded in the real world.

Stop in and visit with these "angels" !

This event is free,

Sign up today!

Special Events & Services

Continued

AARP Safe Driving Course

The AARP will host a Drivers Safety Class on **Thursday, March 19th** from **11:45am to 3:45pm**. Cost is \$15.00 for AARP Members, \$20.00 for non-members. Call now to register, space is limited. Students who take the class may qualify for a discount on their auto insurance.



The course is designed to help you:

- * Update driving skills and your knowledge of the rules and hazards of the road.
- * Learn about normal age-related physical changes and how to adjust your driving to compensate.
- * Reduce your chances of receiving a traffic violation, getting into an accident, or becoming injured.

Duchess Kate & High Tea

Join us on **Friday, March 20th at 1:30pm** for an elegant high tea with traditional tea fare.

While you sip your tea and munch on the treats, you will learn about the beautiful Duchess Kate and the little bundle on the way!



Guess the baby's gender, weight, length, date and time of birth! Each question has a point value... After the future leader is born, prizes will be awarded to the individual with the most points!

Cost is \$2.00, payment is due at signup.

Join Our Events Committee!

We are currently seeking volunteers to join our **Events Committee!** Join several of your fellow seniors to help organize, set up and break down some of our great events here at the Senior Center!



We are always looking for fresh ideas to bring the best events and activities to the center.

If you are interested in joining, please contact any of the Senior Center Staff members! We look forward to working with you!

Just a Reminder...

The Senior Center will be
closed on Friday, April
3rd for Good Friday

MARCH

Join us at the Senior
Center for a fun day!

March Birthdays !

Happy Birthday:

March 6th: John Konicki

March 17th: Paul Margelony

March 19th: Betty Worden

March 25th: George Caron

March 28th: Ursula Cox

March 29th: Louise Setsky

Note: If you would like your
birthday/anniversary in the
Newsletter, please inform the
Senior Center Staff.

Thank You.



VERNON SENIOR CENTER

26 Park Place

Phone: (860) 870-3680

Fax: (860) 870-3588

Email: pclaydon@vernon-ct.gov

Website: www.vernon-ct.gov

**Hours
Monday—Friday
9:00am-3:00pm**

*Happiness is
spending time at
the
Senior Center!!*

*Join us at the Senior
Center for a fun day!*

*The Vernon Senior Center is committed
to assisting Vernon seniors by providing
programs that meet their needs and address their
concerns.*

Our staff includes:

Paula Claydon, Director

Sela Saunders, Secretary/Receptionist

Andrea Bouchard, Program Coordinator

Cathy Bouley, Coordinator

Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: